

How to Use Ayatul Shifa

- Recite these ayaat (verses) sincerely intending to seek healing from Allah Almighty.
- Trust that Allah Almighty is the ultimate healer.
- Recite **Durood Sharif** (sending blessings on the Prophet Muhammad ﷺ):

Durood-e-Ibrahim

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ * كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ
إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ

اللَّهُمَّ بَارِكْ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ * كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ
إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ

- Recite **Surah Al-Fatiha** (also called Surah Ash-Shifa due to its healing properties):

Surah Al-Fatiha

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ (1) الرَّحْمَنِ الرَّحِيمِ (2) مُلِكِ يَوْمِ الدِّينِ (3) إِيَّاكَ نَعْبُدُ وَ
إِيَّاكَ نَسْتَعِينُ (4) اهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ (5) صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ
غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ (7)

- Follow this with the six verses of Shifa in Arabic and see the transliteration if you are unable to read Arabic text (If you are still unable to read them, take the help of an [online Quran teacher](#) for free:

وَيَشْفِ صُدُورَ قَوْمٍ مُّؤْمِنِينَ

1

Transliteration: "Wa yashfi sudoora qawmin mu'mineen."

Translation: "And He will heal the hearts of a believing people."
Surah At-Tawbah (9:14)

قَدْ جَاءَتْكُمْ مَوْعِظَةٌ مِّن رَّبِّكُمْ وَشِفَاءٌ لِّمَا فِي الصُّدُورِ ۗ

2

Transliteration: "qad jaaa'atkum maw'izatum mir rabbikum wa shifaaa'un limaa fis sudoor."

Translation: "There has come to you a good advice from your Lord and a healing for that which is in your hearts."
Surah Yunus (10:57)

يَخْرُجُ مِنْ بُطُونِهَا شَرَابٌ مُّخْتَلِفٌ أَلْوَانُهُ فِيهِ شِفَاءٌ لِّلنَّاسِ ۗ

3

Transliteration: "Yakhruju min butoonihaa sharaabum mukhtalifun alwaanuhu feehi shifaaa'un linnaas."

Translation: "There emerges from their bellies a drink, varying in colors, in which there is healing for people"
Surah An-Nahl (16:69)

وَنُنَزِّلُ مِنَ الْقُرْآنِ مَا هُوَ شِفَاءٌ وَرَحْمَةٌ لِّلْمُؤْمِنِينَ ۗ

4

Transliteration: "Wa nunazzilu minal Qur'aani maa huwa shifaaa'unw wa rahmatul lilmu'mineen; wa laa yazeeduz zaalimeena illaa khasaaraa."

Translation: "And We send down of the Quran that which is healing and mercy for the believers, but it does not increase the wrongdoers except in loss."
Surah Al-Isra (17:82)

وَإِذَا مَرِضْتُ فَهُوَ يَشْفِينِ

5

Transliteration: "Wa izaa maridtu fahuwa yashfeen."

Translation: "And when I am ill, it is He who cures me."
Surah Ash-Shu'ara (26:80)

قُلْ هُوَ لِلَّذِينَ آمَنُوا هُدًى وَشِفَاءٌ ۗ

6

Transliteration: "Qul huwa lillazeena aamanoo hudanw wa shifaaa."

Translation: "Say, 'It is, for those who believe, a guidance and cure."
Surah Fussilat (41:44)



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- End the recitation by repeating Durood Sharif.
- After reciting, lightly blow on your hands and wipe them over the affected area or your entire body.
- Alternatively, blow on water and drink it.
- Incorporate these recitations into your daily routine, especially during Tahajjud (the night prayer) or after obligatory prayers (Salah).
- Repeat the process regularly as needed for continuous healing.
- Supplement your recitation with specific supplications for healing as mentioned in Sahih Ahadith:

Narrated `Aisha (RA), the Prophet (ﷺ) used to treat some of his wives by passing his right hand over the place of ailment and used to say:

اللَّهُمَّ رَبَّ النَّاسِ أَذْهِبِ الْبَاسَ، إِشْفِهِ وَأَنْتَ الشَّافِي
لَا شِفَاءَ إِلَّا شِفَاؤُكَ، شِفَاءً لَا يُغَادِرُ سَقَمًا

"Allahumma Rabban nas, adhhib al-ba's, ishfi anta al-shafi, la shifa'a illa shifa'uka, shifa'an la yughadiru saqama."

(O Allah, Lord of mankind, remove the harm and cure, You are the Healer. There is no cure except Your cure, a cure that leaves no illness.)

- Place your complete trust in Allah's mercy and His decree, knowing that healing is in His hands.

By following this method with sincerity and consistency, you can seek Allah's help for all your physical and spiritual illnesses.